

# School Wellness Policy

S0352 Kansas Juvenile Correctional Complex, School Year 2013-2014

## High School - Grouped by Content Area

The following information was reported by USD 352 on the Kansas State Department of Education's Wellness Policy Reporting System. It reflects the current status of the Kansas Model Wellness Policy Guidelines as implemented by USD 352.

### Nutrition Guidelines

#### General Atmosphere

##### New Goals

- B - The dining area is clean.
- B - The dining area is orderly.
- B - The dining area has a reasonable noise level.
- B - The dining area has an inviting atmosphere.
- B - The dining area has adequate seating to accomodate all students during each serving period.
- B - The dining area has adequate adult supervision.
- B - Students are allowed to converse with one another while they eat their meals.

##### Guidelines that are Not Applicable

- A - Lunch hour is closed. Students must have permission to leave school campus.

#### Breakfast

##### Guidelines Achieved

- A - At least 50% of pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- B - Foods containing whole grains are offered fewer than 3 days per week.
- A - Fresh, canned, dried or frozen fruits or vegetables are offered at least 3 days per week.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

##### New Goals

- B - All school breakfasts comply with USDA regulations and state policies.
- B - Students have at least 10 minutes to eat breakfast not including time spent walking to/from class or waiting in line.
- E - All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
- A - Foods containing whole grains are offered at least 3 days per week.
- E - Fresh, canned, dried or frozen fruits or vegetables are offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.

##### Guidelines that are Not Applicable

- E - Foods containing whole grains are offered daily.

#### Lunch

##### Guidelines Achieved

- B - Desserts with more than 5 g. of fat per serving are offered more often than 2 times per week.
- B - An entrée choice with total fat of 16 g. or less per serving is offered fewer than 3 days per week.
- B - Fresh fruits or vegetables are offered fewer than 3 days per week.
- A - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.
- B - Some salad dressings contain more than 12 g. of fat per ounce.

##### New Goals

- B - All school lunches comply with USDA regulations and state policies.

B = Basic    A = Advanced    E = Exemplary

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- A - Desserts with more than 5 g. of fat per serving are offered no more than 2 times per week.
- B - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 15 minutes.
- A - An entrée choice with total fat of 16 g. or less per serving is offered at least 3 days per week.
- B - At least 2 fruit and/or vegetable choices are offered daily.
- A - Fresh fruits or vegetables are offered at least 3 days per week.
- B - Fewer than 5 different fruits and 5 different vegetables are offered weekly.
- E - A food item containing whole grain is offered daily.
- E - Low-fat (1% or ½%) and/or skim (nonfat) milk are offered exclusively.
- A - All salad dressings contain 12 g. or less of fat per ounce.

#### Guidelines that are Not Applicable

- A - Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
- E - An entrée choice with total fat of 16 g. or less per serving is offered daily.
- E - Fresh fruits or vegetables are offered daily.
- E - At least 10 different fruits and 10 different vegetables are offered monthly.
- E - All salad dressings contain 6 g. or less of fat per ounce.

### Vending

#### Guidelines Achieved

#### New Goals

- B - The sale of "foods of minimal nutritional value" is not allowed where school meals are served or eaten during the meal period.
- E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.
- B - Less than 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

#### Guidelines that are Not Applicable

- E - Water (non-caloric) is sold in vending machines or school stores.
- E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.
- A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.
- A - Electrolyte replacement beverages that contain 48 g. or less of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers.
- E - All school employees adhere to the Exemplary vending guidelines adopted for students.

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## **School Wellness Policy**

**S0352 Kansas Juvenile Correctional Complex, School Year 2013-2014**

### **High School - Grouped by Content Area**

#### **During the School Day**

##### **New Goals**

B - All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of "foods of minimal nutritional value" where school meals are served or eaten during the meal period.

B - Foods and beverages for classroom rewards, parties and celebrations will meet the Basic level guidelines for a la carte foods and beverages.

A - Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period.

B - Refreshments provided for students participating in school events adhere to the Basic guidelines for vended foods and beverages.

##### **Guidelines that are Not Applicable**

E - Foods and beverages for classroom rewards, parties and celebrations will meet the Exemplary level guidelines for a la carte foods and beverages.

E - At least 75 percent of fundraising activities will NOT involve the sale of food and/or beverages.

A - Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

E - Refreshments provided for students participating in school events adhere to the Exemplary guidelines for vended foods and beverages.

A - Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

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#### **After School Programs**

##### **New Goals**

B - Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies.

A - Snacks meet both of the following guidelines on at least 3 days of the week: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit (without added sugar) and milk, 35% or less of weight from total sugar (or less than 9 g. per 100 calories)

##### **Guidelines that are Not Applicable**

E - Snacks meet both of the following guidelines on all days of the week: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit (without added sugar) and milk, 35% or less of weight from total sugar (or less than 9 g. per 100 calories)

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#### **Others**

##### **Guidelines Achieved**

A - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until one hour after the end of the last lunch period.

A - Only milk with 360 or less calories per selling unit is sold in vending machines or school stores.

##### **New Goals**

B - The sale of foods of minimal nutritional value is not allowed where school meals are served or eaten during the meal period.

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students until after the end of the school day.

B - Less than 50% of food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Only low-fat (1% or ½%) and/or skim (nonfat) milk with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) is sold in vending machines or school stores.

A - All juice products sold in vending machines or school stores contain at least 50% juice.

##### **Guidelines that are Not Applicable**

E - The sale of foods of minimal nutritional value is not allowed in areas accessible to students.

E - All other food items sold in vending machines or school stores meet all of the guidelines below: Fat Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories 200 calories or less per selling unit.

E - Water (non-caloric) is sold in vending machines or school stores.

A - Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) are sold in vending machines or school stores.

E - All juice products sold in vending machines or school stores contain 100% juice.

A - Electrolyte replacement beverages that contain 48 g. or less of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers.

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## Nutrition Education Guidelines

### Cafeteria

#### New Goals

B - Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks.

#### Guidelines that are Not Applicable

A - Teachers will discuss with students the nutrition education materials displayed in the dining areas.

E - Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

B - Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.

A - Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.

E - Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus.

### Events During the School Day

#### New Goals

B - Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

#### Guidelines that are Not Applicable

A - Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event.

E - A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event.

### Others

#### New Goals

B - At least twice a week, the after school educator will explain why the snack served is a healthful choice.

#### Guidelines that are Not Applicable

A - After school programs will reinforce classroom learning by providing interactive nutrition education activities (e.g., making healthful snacks, measuring serving sizes, etc.).

E - Classroom teachers will collaborate with after school program staff to reinforce and expand the lessons learned in the classroom.

## Physical Activity Guidelines

### Punishment

#### New Goals

B - Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.

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